

# Group Exercise and SilverSneakers® September 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.						Yoga Core
9:30 a.m.		SilverSneakers® Circuit* Pickleball**	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit* Pickleball**	Turf Time for Toddlers SilverSneakers® Classic*	Pickleball**
10:30 a.m.		SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	ZUMBA® Gold
5:30 p.m.		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.	Nia® Move IT	
6:30 p.m.		ZUMBA® Vinyasa Flow II	Core 360 R.I.P.P.E.D.	Beginning Yoga Boot Camp	ZUMBA® Core 360	

\*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

\*\* Pickleball resumes Sept. 9.

## Excel Tae Kwon Do

Tuesdays and Thursdays,  
September 20–October 27  
5:30–6:30 p.m. • \$50  
Register by 9/25.  
For all ages.

*This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.*

## SilverSneakers®

*SilverSneakers® classes are on the Lower Level while courts are being resurfaced.*



## Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 812-349-3770 or [starme@bloomington.in.gov](mailto:starme@bloomington.in.gov) to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required.**

### Includes:

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
  - Skinfold analysis: \$25
  - Bioimpedance analysis: \$5

**By appointment only • For all ages.**

## Group Exercise trial week Fall II session

Try any class for free  
Sept. 19–25.  
The Fall II session runs through Oct. 30.



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday hours:

The TLRC is open September 5 from 7 a.m.–1 p.m. but the Lower Level is closed.



*Twin Lakes Recreation Center*

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) September 2016

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.  
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

Pickleball is cancelled while courts are being resurfaced.

## ADDITIONAL ACTIVITIES

### Legal Counseling

September 12

3 p.m.

by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Breakfast Bash

September 22  
8:30–10 a.m.

Registration required.  
Call 812-349-3720  
to register.

Sponsored by  
Hearthstone Health Campus

### Steady Steppers & SilverSneakers®

All Steady Steppers  
and SilverSneakers®  
classes are on the  
Lower Level while  
courts are being  
resurfaced.



### Well Check—Thursday, Sept. 15

8:30–10:30 a.m. • \$20 • For all ages.

Blood pressure, lipid panels, and hemoglobin (blood sugar-A1C) screenings help determine whether your levels in each area are in a healthy range. Head off a potential health condition with an affordable, convenient Well Check by IU Health Bloomington Community Health. No appointment is needed, but you need to fast for 12 hours to get an accurate cholesterol level. Use your IU Health Bloomington Plus Card to receive \$5 off the screening fee of \$20, or sign up for a Plus Card on site. For more information about the Well Check, call 812-353-3244.



Indiana University Health



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday hours:

The TLRC is open September 5 from 7 a.m.–1 p.m.  
but the Lower Level is closed.



Twin Lakes Recreation Center

**bloomington.in.gov/TLRC**